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Sigma Lambda Beta raffle raises more than \$500 for tsunami victims

CRYSTAL R. REID
NEWS EDITOR

As Ron Garvais watched the devastating reality of the tsunami and its victims flash across his TV every night, he knew he had to do something. Watching young victims being pulled from the rubble brought tears to his eyes and pulled at his heart strings, just as the images have for so many others across the nation.

Garvais decided to do something. When he was asked about a possible fundraising event, he and his fraternity, Sigma Lambda Beta, immediately jumped to it.

One of Garvais' thesis paintings was donated to the raffle. The event raised \$528 with each raffle ticket selling for \$1.

"Normally, that painting would have sold for \$2,000," Garvais said. But he decided to put it to better use by raffling it off and collecting the money for the tsunami victims.

The painting is of a medicine wheel and is



UNMC's Dr. K.C. Balagi took this photo during a recent trip to the coastal villages that the tsunami hit hardest. Here two men are helping guide him through the rubble.

titled 'Balance.'

Dr. K.C. Balagi at UNMC donated a video and pictures of his visit to the affected regions, and UNO's Deepak Khazanchi presented it at the raffle drawing.

Associate Vice Chancellor for Student Affairs, Wade Robinson drew the name for the raffle. Mary Beth Kriskey won the painting.

"We really want to issue a friendly challenge to other fraternities and

sororities," Garvais said. "We want them to raise money to help other human beings. Imagine if we get four or five other fraternities or sororities to contribute."

The money was donated to the Red Cross, through local Red Cross representative Jim Brown. According to Brown, the Red Cross only takes six percent of the monies donated for administrative costs, an amount less than 50 cents for this particular donation.

Methamphetamine: Still a homemade Heartland problem

BRYAN KOHLER
STAFF WRITER

"Meth."

"Chicken feed," "cinnamon," "crink," "geep," "ice," or whatever you want to call it, methamphetamine, though on the decline, is still a problem in the Heartland.

According to a government Web site on drug policy, the number of college students who have tried methamphetamine has significantly declined. In 1999, 7 percent of college students had tried meth; in 2002, 5 percent of college students had used the deadly drug.

Although recent events like the tragic, meth-related death of Janelle Hornickel and Michael Wamsley, make meth seem overly prevalent in Nebraska, Hawaii has the highest incidence of methamphetamine-related crimes.

Meth wasn't always so dark.

Believe it or not, amphetamines were once legal for narcolepsy and eating disorders. It was even given to housewives in the 1950s for such disorders and was used in World War II so the troops would gain alertness and a rush. However, people eventually got hooked on the drug and had a new-found addiction. As a result, the drug was banned in hospitals. Soon after, many individuals took it upon themselves to actually "cook" the drug.

Even more shocking is the fact that most of the ingredients that are required to make meth are incredibly easy to get a hold of, and some of them are lethal if taken individually.

See **METH**: Page 2

Students make upcoming week Academic Dishonesty Awareness and Prevention Week in Nebraska

CRYSTAL R. REID
NEWS EDITOR

Five students from UNO wrote a proclamation to make Feb. 21 - Feb. 25 Academic Dishonesty Awareness and Prevention Week in Nebraska.

Gov. Dave Heineman signed the proclamation on Wednesday morning.

The proclamation is the beginning of a campaign by the students in the School of Communication to make the community more aware of ethics in education. The students are part of an annual competition called the Bateman Case Study and sponsored by the Public Relations Student Society of America.

Jessica Goldoni, Kimberly Bryant, Melissa

Minassian, Jackie Normington and Jennifer Royer met with the governor Wednesday morning as he signed the proclamation.

According to a PRSSA press release, two out of five college students admit to cheating by using the internet. UNO's PRSSA has created "Reality Check: No Excuses" to promote academic integrity on UNO's campus. Their event, "The Reality Showdown," will take place during Academic Dishonesty Awareness week from 10 a.m. to 2 p.m. in a tent in the Pep Bowl, the field across from the Epply Administration Building.

Academic Dishonesty Awareness and Prevention Week will also showcase a series of events hosted by the PRSSA, beginning with tables in the Arts and Sciences Hall and MBSC.

Anchondo Rocks MBSC



Recently revamped local rock band Anchondo warmed the audience's hearts with a show on Valentine's Day. Anchondo played from noon after 1 p.m. in the Nebraska Room of the Milo Bail Student Center, filling the food court with a latin/funk/rock mix of material. SPO sponsored the event.

Danielle Petersen

Omaha Weather

Today	Saturday	Sunday	Monday
Chance of Snow H: 38 L: 19	Snow Likely H: 38 L: 30	Chance of Snow H: 40 L: 25	Partly Cloudy H: 36 L: 20

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News Briefs

COMPILED BY CRYSTAL R. REID
NEWS EDITOR

Intramural founder to celebrate 90th birthday today

Bert Kurth will celebrate his 90th birthday today. Kurth was hired in 1959 to build an intramural program from the ground up for what was then Omaha University. He retired from UNO in 1980 at the age of 65. Before coming to Omaha, Kurth was a successful football coach in Early, Iowa. His daughters Kim and Jean will be holding a reception for him Feb. 19, from 2:00 p.m. until 4:00 p.m. at the First Methodist Church located at 7030 Cass St.

Grand opening for infant care stations Tuesday

The Chancellor's Commission on the Status of Women at UNO will host a grand opening celebration of

campus facilities for infant care and nursing mothers Tuesday, in the Milo Bail Student Center. The event will begin at 3 p.m. in the Fireplace Lounge on the first floor of the MBSC.

UNO Chancellor Nancy Belck and Nebraska Sen. Nancy Thompson will conduct a ribbon-cutting ceremony to celebrate the official opening of the new facilities. Both men's and women's restrooms in several buildings across campus have been equipped with infant changing stations. A private lactation area for nursing mothers will be opened on the first floor of the MBSC the day of the event.

Koala Bear Kare stickers are posted on the doors of men's and women's restrooms where infant changing stations are available.

Development of these facilities on the UNO campus is a joint project of the UNO Chancellor's Office, CCSW and the UNO Women's Studies Program,

the Student Parent Association, the Women's Resource Center, Student Health Services, Facilities Management and Planning and the UNO Child Care Center.

For more information, contact CCSW co-chairs Laura Grams at 554-2629 or Lanyce Keel at 554-2020.

Search for Director of Facilities Management and Planning launched

The interim director of facilities management and planning at UNO, Steve Conley, has resigned from the university.

The search process to fill this position will begin immediately. Larry Morgan, assistant director of facilities management and planning, will oversee the position's responsibilities until a new director can be hired. He can be reached at 554-3735 or lmorgan@mail.unomaha.edu.

A screening committee has been

named to review applications for the position. Julie Totten, associate vice chancellor for administration, will head the screening committee. Totten encouraged the campus community to forward the names of possible candidates for the position to Rod Oberle in Human Resources.

Registration for Aim for the Stars Summer Science and Math Camps under way

Registration has begun for the 2005 session of the Aim for the Stars Summer Science and Math Camps at UNO.

A number of new camps will be featured this year, including Physics for Ninth Graders, Geology for Ninth Graders and Forensic Chemistry.

For more information, visit the Web site at www.physics.unomaha.edu. To request a brochure via campus mail or for additional information, call 554-4999.

From METH: Page 1

Why is meth a still a prevalent drug, especially in states like Iowa, Kansas, and Nebraska?

"Most people couldn't afford cocaine," Coordinator of Student Health Services Marcia Adler said. "And in rural areas where it's harder for police to patrol, it's easy to cook the drug."

With the lack of police to patrol large rural areas, meth is cooked in the least likely of places.

"I've heard about people making it in the back of vans," Adler said. "It can be made almost anywhere."

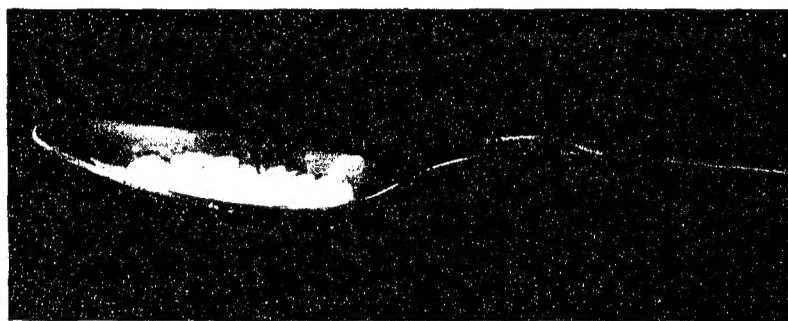
There have been stories about people cooking the drug in trailers with children around. Trailers have even exploded, due to the dangerous chemicals in just making the drug.

Although it is being made here, a lot of the meth is also trafficked into the United States.

Meth is becoming more common and the forms it is taking are becoming more and more potent. Most meth is cut with another substance to lessen the blow and make the product look like there is more than there is. However, what the meth is cut with is sometimes a mystery.

"I've seen meth being cut with cornstarch, and when injected, the corn starch leaves a lump in the veins," Adler said.

Todd Waltemuth and Nate Brock, both drug counselors and educators with the Drug and Alcohol program,



Michelle Bishop

Meth is often mixed with water in a spoon as preparation to be injected.

talked about a more recent type of meth called "ice." Ice is smoked, making the drug hit the bloodstream faster. It is more intense, making it more addictive. Due to the high amount of blood vessels in the lungs, this drug hits the body incredibly fast.

In Southeast Asia, a consumable form of meth is often found in clubs or raves. Those pills are also increasing in American presence.

Is there any hope for those who are addicted, or people who want to stray away from something like this? Treatment is available. Meth treatment is a long and difficult process, even more so if the patient has been addicted for a while. There's been a lack of funding because some patients go back to the drug. However, Catholic Charities offers meth detox. UNO also offers counseling for drug abuse.

"We live in a culture of misinformation," Waltemuth said. "Drugs activate the pleasure chemicals in our brains, and those can be activated without the use of drugs."

Whatever makes you happy or excited can be considered a natural high. The same chemicals are released when someone feels that way and when someone does drugs.

However, the natural high has no side effects. There are no clinics and no therapy. The same is not true about meth.

For more information on drugs in general, stop by the drug and alcohol counseling offices located in the Eppley Administration Building, room 115, and the Student Health Services office located on the 1st floor of the Milo Bail Student Center.

Remember, the services are free.

www.unogateway.com

Correction:

In the Friday, Feb. 11 issue of *The Gateway*, Deborah Smith-Howell was incorrectly titled "vice chancellor." Her correct title is "assistant vice chancellor of academic and student affairs."

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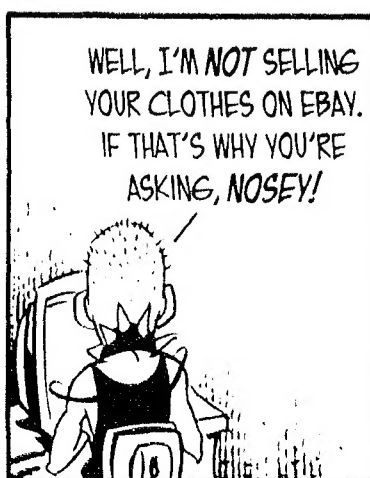
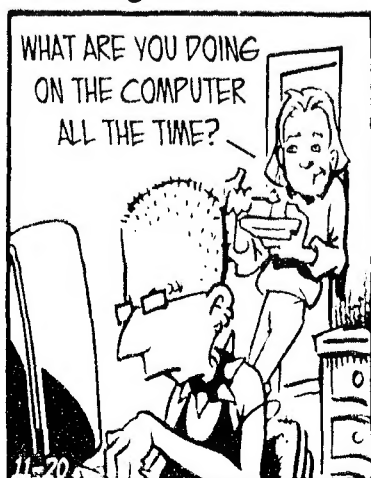
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A College Girl Named Joe

By Aaron Warner



2002 Amazing Aaron Productions

Open Door Mission locked in controversy with Gay Rodeo

SCOTT STEWART
STAFF WRITER

For the past several years the Heartland Gay Rodeo Association (HGRA) has been promoting awareness of the gay and lesbian community as well as raising money for charitable causes.

Recently, the organization's "Mr. HGRA" wanted to choose the Open Door Mission as the beneficiary of his funds, but was told he could not contribute.

"Mr. HGRA" is a title won by a male participant who is judged on an interview, fashion and costumes, talent and entertainment, horsemanship and public presentation.

The rodeo royalty (the three winners and all runners up) serve for a one year term representing the HGRA and help plan and participate in public relations and fundraising events for the organization, according to the HGRA standing rules posted on their Web site.

According to a press release from the HGRA, after considering the offer, the CEO of the Open Door Mission did not agree to endorse the HGRA.

According to an email from the HGRA, the Open Door Mission said the after much prayer, they (ODM) decided they didn't want money from a gay rodeo, but will gladly take private donations.

The controversy concerns the rationale of the Open Door Mission for declining the offer.

One side claims that the Open Door Mission did not want to accept "gay" money for reasons ranging from

bigotry to political conservatism.

The Open Door Mission is a Christian organization. Their Web site contains a statement of faith, calls for prayer and donations and has references to Bible verses. Because of this, the question was raised by the HGRA about whether the Open Door Mission was concerned with affiliating its name with something as arguably brazen as a gay rodeo, since a good portion of their funding comes from "individuals, groups, businesses, foundations, and churches," according to their Web site.

In a statement to *The Gateway*, the Open Door Mission's president and CEO Candace Gregory said, "There is some misunderstanding. The Open Door Mission was not offered a donation from the HGRA and indeed was asked permission to use the ODM logo and name to fund raise for an upcoming event. Open Door Mission does not endorse funding activities for the Mission by outside individuals and groups. Outside individuals or groups are not authorized to use the Open Door Mission name or logo to promote a community or fundraising event."

Chris Mountain, president of the UNO Gay and Lesbian Organization (GALO), expressed that while she wasn't familiar enough with the incident, the issue is unfortunate.

"There are people who need that money and it shouldn't matter where it comes from," Mountain said. "In a sense, it's close-minded, but it's their decision."

Anyone wanting more information on the HGRA can visit their Web site at www.hgra.net or write to P.O. Box

See **RODEO**: Page 4

UNO organization hopes to honor three successfully aging women

CRYSTAL R. REID
NEWS EDITOR

The fastest growing segment of the population is over the age of 50, according to the Program for Women and Successful Aging, and the PWSA wants to recognize that.

The first annual Women of Wisdom Awards will honor three women 50 years and older. "Usually women who age successfully are people who understand the importance of staying connected to others, serving them and are engaged in some creative endeavor throughout the aging process," Director Patty Adams said.

The PWSA feels that there is not enough recognition given to the seniors in our community and hope that the luncheon can help change that.

"PWSA is celebrating its ten year anniversary and wants the community to know that we can look at aging differently," Adams said. "Like our honorees, we can choose to successfully age, to stay creative and to serve others."

"With the growing population of baby boomers, the distribution of services and resources will need to change," Adams said.

A luncheon will be held on April 21 at the Scott Conference Center from 11:30 a.m. to 1 p.m. The keynote speaker is National Public Radio host Susan Stamberg.

The PWSA has been on campus

since 1995 and was formed in response to statistics showing that baby boomers were reaching middle age. It was formed by Shirley Waskel, a professor of gerontology at UNO.

"(We hope) to underscore the importance of aging well and to celebrate the contribution the honorees provide to others and their communities," Adams said.

Anyone can recommend a candidate for the award.

"Students are especially encouraged to nominate people they believe fit the description," Adams said.

Deadline for nominations is March 1.

The minimum nomination requirements include:

- Name, age, address and phone number of the nominee;
- The nominator's relationship to the nominee;
- Information on the nominee's actions, activities and involvement in the community and its results;
- Reasons why the nominee's work or advocacy was significant and identification of who benefited (individuals or groups)
- Any other additional information that effectively creates a strong picture of the nominee's accomplishments.

Nomination forms are available online at www.pwsa.unomaha.edu or you can call 554-2292.

Staff writer TaNia Parker also contributed to this report.



STUDENT GOVERNMENT OPEN POSITIONS

Senate Seats (Legislative Branch)

College of Arts & Sciences

College of Education & Human Resources

College of Public Administration & Community Service

Junior Class

Senior Class

Graduate Class

Judicial Branch

Student Election Commission (4 seats)

The deadline for applications is Monday, Feb. 25 at noon.

Applications are available in the Student Government Office located on the first floor of the Milo Bail Student Center. Stop by our office or call us at 554-2620.



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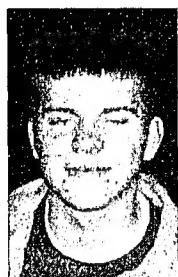
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20 Questions for a UNO student

BECKY BOYER
STAFF WRITER



Name: Jacob Brown
Major: Business Management
Year: Freshman
Hometown: Omaha

1. Describe yourself in five words:

"Funny, get along well, sociable, lively, original."

2. What is your most proud accomplishment and why?

"Graduating high school and being here where I am now."

3. If you were a super hero what powers would you have?

"X-ray vision."

4. Where do you see yourself in 10 years?

"Taking over the world."

5. Who is your favorite performer right now?

"Probably Tim McGraw or Larry the Cable Guy, he's a good performer."

6. What is your favorite movie of all time?

"Hot Shots or Top Gun."

7. Who would win in a fight between Barney and the Teletubbies?

"Barney, he'd open up a can of 'whoop ass'."

8. If you had a catch-phrase what would it be?

"To be or not to be."

9. What is your favorite book?

"I don't really read books."

10. What is your favorite cartoon

character?

"Elmer Fudd."

11. Why is he your favorite?

"Because he's funny and has a hard time hunting, just like me."

12. What would you change about UNO?

"Give us a couple of days break during second semester other than spring break."

13. What is the best thing about UNO?

"Lots of hot girls."

14. What advice would you give to incoming freshmen?

"Don't screw up, and do all of your work on time."

15. Do you have anything that you'd like to say to your professors?

"I need at least a C."

16. What person would you like to meet from history and what would you ask them?

"Abraham Lincoln. I'd ask if he would want to be on something other than a penny."

17. If you could live anywhere, where would it be?

"Probably Daytona, Fla. because of the Daytona 500 and the beach."

18. What is your favorite place you've visited?

"Probably Kansas Speedway because it was one big party with a race at the end of the week."

19. If you want to make friends where would you go in Omaha?

"Go to the UNO dorms."

20. What would you like for us to ask the next person interviewed?

"Do you want to take over the world."

Martial arts club puts emphasis on non-violence and self-control

ALEX MAY
SENIOR STAFF WRITER

When most people think about martial arts, they probably think about Jackie Chan. I know the first thing that popped into my head was *The Karate Kid* with Mr. Miyagi.

I loved that Mr. Miyagi, but I didn't know what to expect when I set up an interview with UNO's own Grandmaster Shin, who has had more than 52 years of martial arts experience. He has also been teaching at both UNO and Creighton University for more than 33 years. Upon talking with him, I learned that martial arts is more about self-control, discipline and honor than fighting and chopping boards with your bare hands. The UNO Martial Arts Club teaches two forms of martial arts and competes in tournaments while helping its members advance in rank and gain self-confidence.

Hapkido and Tae kwon do are the two forms of martial arts practiced within the club. Tae kwon do has been around for over 1,000 years and includes many different forms of kicks as well as the technique of splitting wood or bricks with the force of bare hands and feet. Not only used for fighting, but as a mental discipline and way of life, Tae kwon do has become the world's most popular martial art and an official Olympic sport.

Hapkido focuses on self-defense skills, yet strongly emphasizes non-violence. The word Hapkido means discipline, power and strength and the art itself is geared primarily towards self-defense. Those who participate are taught to remain calm until the aggressor makes the first move. Then emphasis is maintained on deflecting the blow.

UNO's Martial Arts Club has 12 members that range in skill level from white to fourth-

degree black belts.

Grandmaster Shin is the chief instructor the club and the highest ranked martial arts instructor in Nebraska. Shin provides tests to members who want to increase in rank. The students pass a series of these tests that increase in difficulty to earn advancement in the art forms. Shin himself holds a ninth degree black belt ranking in Tae kwon do, and an eighth degree black belt ranking in Hapkido.

Shin established his own school, Shin's Academy, in 1972, and has been with UNO since 1970.

Robert Dudash, president of the UNO Martial Arts Club said, "In my opinion Grandmaster Shin is one of the best kept secrets at UNO and in Omaha, if not the whole Midwest, maybe the entire world."

Dudash recently competed in a tournament in Sioux City, Iowa in which he placed first. Vice-

President of the club Arne Gjere placed third. The next tournament that the club will compete in will take place in Wichita, Kan. in early March. The club usually competes in two or three tournaments each year.

Those who participate in UNO's Martial Arts Club will tell you that it is about much more than just self-defense, however. These arts emphasize self-confidence, physical fitness, integrity and the building of strength of character as well as mind, body and spirit. Shin said, "The club brings people together, but it also brings confidence. Anybody can come anytime if they are interested. We are an open club for students."

Membership in the UNO Martial Arts club is open, and beginners are always welcome. Members pay a fee of \$30 per semester and the club meets every Tuesday and Thursday in HPER room 110 from 1 to 2:30 p.m.



Alex May

The UNO Martial Arts Club's chief instructor Grandmaster Shin and President Robert Dudash.

UNO Counseling Clinic provides support system

ERIKA BERG
STAFF WRITER

"All people need help and support as they experience the various stages and transitions of life. People enter relationships; make career decisions; face physical, educational, emotional and economic challenges ... counseling is the art of helping people grow."

These words of wisdom are not the work of Plato, Aristotle or Socrates. This is a selection of the philosophy and creed the counselors at the UNO Community Counseling Clinic live by each day.

The UNO community counseling service (CCS) offers a shoulder to cry on and a listening ear. CCS not only benefits the general public but graduate counseling students as well. Students in the agency and gerontology counseling programs are provided with hands-on training experiences that allow almost instantaneous feedback. These

counselors are working toward their master's degree and have completed foundation classes before they're able to work in the clinic.

These students don't act alone, because after all, they are still just graduate students. The counselors involved are constantly mentored and supervised by a professional, a Ph.D.-level counselor. They are also supervised by faculty members and a clinic coordinator.

Supervisors have a doctorate in counseling and are faculty members in the counseling department. They are Licensed Mental Health Practitioners (LMHP) in the state of Nebraska. The clinic coordinator must have a master's degree in counseling or related field and be professionally licensed.

The clinic will help you deal with any mishaps that come your way. If you're stressed out due to tests or grades and your best friend is can't help you, these are the people to call. They will counsel you through the

tough times or diagnose and treat any mental illnesses you might have. And mental illness doesn't mean you're off to the looney bin either. If you're constantly sad, feel hopeless or bombard yourself with negative thoughts, you should consider giving CCS a call. Confidentiality is always a top priority.

Services include individual, family and group counseling, as well as assessment and referrals. The clinic can be found located on the fourth floor of Kayser Hall and services are free of charge to UNO students, faculty and staff.

Clinic hours are: Monday through Thursday-1 to 7 p.m. (Sessions may be scheduled for 7 p.m.) Saturday-9 to 11 a.m. If you have a friend or family member that is not a student or staff rates for the general public are: Individual session - \$10 and couples/families - \$15. All rates are negotiable. To schedule an appointment, call 554-2727.

From RODEO: Page 3

3354, Omaha, NE, 68103.

Anyone wanting information about the Open Door Mission can visit their Web site at www.opendoormission.org or call them at 422-1111.

The Open Door Mission is continually looking for volunteers and donations to support its charitable work.

UNO GALO is in the process of changing their name to Alphabet Soup.

They meet every first and third Thursday of the month. For more information, contact them at uno_abcoup@yahoo.com or speak to an officer.

Comments?
Concerns?
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Write the Editor at
editor@gateway.unomaha.edu

Campus Security

Eppley Administration Building, Rm 100

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Security

- Buildings are patrolled 24 hours daily.

Personal Safety Checks

- Individuals who may be working alone, outside of normal working hours are encouraged to contact Campus Security. Security officers will periodically check on your safety while you are on campus.

Extras

- Campus Security provides assistance to motorists 24 hours daily, to jump-start your vehicle, open a locked vehicle, and change a tire in certain situations, for vehicles on campus only

Emergency Messages

- Should your family or friends need to have an emergency message delivered while you are in class or on campus, have them contact Campus Security. Emergency messages will be delivered in case of a medical emergency or a matter of life or death.

Personal Escorts

- The escort service is available for individuals any time at their request while on campus. Contact Campus Security at 554-2648 to arrange for the escort.

Emergency Procedures

- The University emergency number is 4-2911.
- There are telephones on campus that can be used to report an emergency.

Suspicious Persons or Crimes in Progress

- Should you witness a crime in progress, or other emergency, use the campus emergency number 4-2911.



Please Obey the Signs!

Parking & Traffic

- Shuttle service is provided from the South Campus lots 5, 6, 7 and 9-*permit required*.
- Remote parking is provided from the Crossroads Parking Structure at 72nd and Cass Streets-*no permit required*.
- Contact Campus Security for a shuttle schedule and remote parking locations.

Lost and Found

- Campus Security maintains the lost and found system. Contact Campus Security for lost items.

Fingerprints

- The Campus Security Department provides a fingerprinting service for individuals who require fingerprints for local, state and federal positions and for children of students, staff, faculty and alumni.

Blue light Emergency Phones

- Blue Light Emergency Phones are located throughout campus. Use the phones to report emergencies or to contact Campus Security for assistance.

Operation I.D.

- Your stereo tape-deck, calculator, or other personal belongings may be engraved to aid in finding lost or stolen property.
- Stop by the Campus Security Office and check out an engraver and instructions to engrave your property.

Medical Emergency/Personal Injury

- Call 4-2911 to report a medical emergency or a personal injury. Campus Security officers will respond and render assistance.
- Campus Security officers are trained to provide basic first aid, CPR and the use of an A.E.D. (Automatic External Defibrillator).

University Building Keys

- Campus Security is responsible for the control of the University key system.
- Eligible University employees should make requests for University keys through their department chairperson to Campus Security.

Theft or Damaged Property

- Should you have items stolen or damaged, report the incident as soon as possible to Campus Security.

See Campus Security Home Page

(www.unomaha.edu/~security) for Campus Safety Alerts!

Campus Security • 554-2648

Hot Plants takes reader around the world on aphrodisiac hunt

JENNIFER WILLIAMS
STAFF WRITER

A sensual trip around the world without leaving your living room. That was the premise behind Chris Kilham's, *Hot Plants: Nature's Proven Sex Boosters for Men and Women*. In this book eating chocolate is OK, and is actually encouraged if it is the right chocolate.

Kilham is a medicine hunter and self-proclaimed "explorer in residence" at the University of Massachusetts-Amherst where he teaches "Ethnobotany- The Shaw man's Pharmacy" and uses the book as a text for the class. He has written several books on the healing powers of herbs and plants from around the world.

In *Hot Plants*, Kilham explains the sexual healing powers of several different plants and herbs. The book not only focuses on the healing powers but also takes you on his journey to reach these exotic plants.

Kilham traveled to Brazil, China, Ghana, India, Malaysia, Peru, Syria, Siberia and Venezuela to collect samples of the plants and to meet with local experts.

The book discussed the many uses for the plants, which included for most of

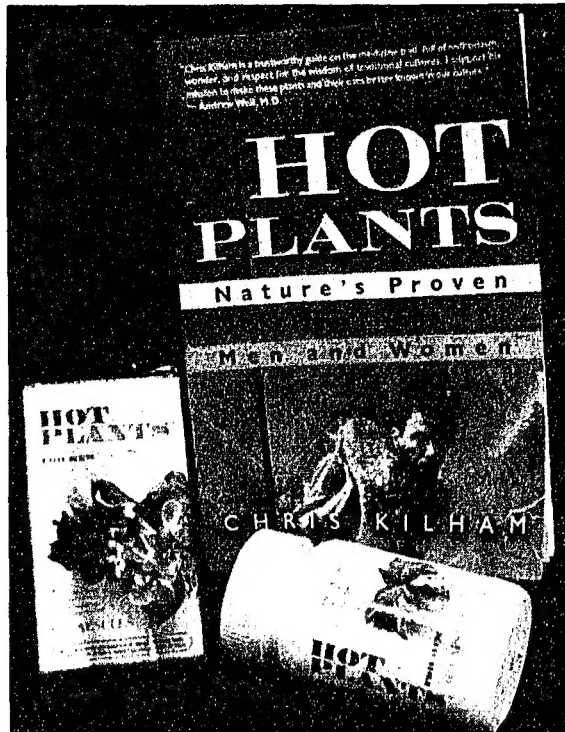
the plants an increase in the body's ability to deal with or fight off bacterial diseases.

Most of the plants are made into a tea, which both men and women drink. For men the plants can help with erectile function. For women it can help with a loss of sexual desire.

College students can gain an understanding of herbal remedies and their uses throughout the world, without the unsatisfactory side effects that some pharmaceuticals produce.

The book listed some interesting plants and recommendations on how to take them and dosage information for all of the plants that were listed.

Eating the right chocolate seems like a strange concept to most college students whose idea of gourmet is grilled cheese made with a clothing iron. But the book states that "Then entire African continent produces an impressive one million tons of cocoa beans a year,



Michelle Bishop

Learn the true meaning of a "hot plant" and more in Kilham's *Hot Plants: Nature's Proven Sex Boosters* for men and women.

the country of Venezuela only fourteen thousand tons. Yet Venezuela produces

some of the loveliest, most elegant-tasting cocoa beans on earth."

Chocolate is explained as a love drug, not a true "hot plant" as classified in the book because chocolate only increases serotonin (the happy chemical) in the brain. It does not assist with erectile function, whereas a true "hot plant" will cause erection.

This book explains that there are several alternatives to pharmaceuticals that raise some startling questions. Such as, if pharmaceuticals such as Viagra have been responsible for 5,640 deaths, as reported in the July 2002 issue of the *Journal of American Medical Association*, why did mainstream popular culture divide away from herbal remedies?

The exploits in the book do seem a little farfetched but they are true, and the book was very interesting and fast to read with a little more than 200 pages. *Hot Plants* is a whirlwind adventure from the first page to the last sentence.

The book was good in explaining local lore over the plants but most of the observations were not supported by scientific evidence.

It was a good adventure with the author traveling to so many different countries but the book did not contain any clear advice.

New exercise method stresses good technique, functional fitness

TRACY WHEELER
KNIGHT-RIDDER NEWSPAPERS (KRT)

AKRON, Ohio - It's easy to get caught up in a more-is-better fitness philosophy - more weight on the bench press, more repetitions on the abdominal machine, more time on the treadmill, more intensity in the aerobics class.

More, more, more.

Hold on, though. Before you slap another plate on your weight bar or add another level to your aerobics step, consider the principles behind one of fitness' newer trends.

It's focused on slower movements, holding poses, improving balance and strengthening our body's core muscles in the torso.

It's called functional fitness. And not only are the exercises different, but so,

too, is the entire goal. The purpose isn't to look better - though you probably will - but to be in better condition to tackle your daily activities.

"The idea is to have exercises that mimic everyday life," fitness instructor Karli Avellone said.

In other words, exercises that are functional; exercises that make shoveling snow a less painful task; exercises that give you the strength and the balance to hold a toddler in one arm and hoist a baby carrier in the other; exercises that train your body to keep its balance when a throw rug gives way beneath you.

Don't take that to mean functional training is easy. It's not.

A new functional fitness class at the Akron General Health & Wellness Center had the group of 20 sweating and breathing hard.

Instructor Stacey Downing led the group through an endless array of squats - feet together, feet apart, moving forward and back - and one-legged balance poses, with some higher impact shuffling and running in place mixed in.

Unlike a typical aerobics class, the idea wasn't to keep people in constant motion. And unlike yoga or Pilates, it was more active.

"It was difficult," Anne Ferguson said after the class. "I injured myself in step (aerobics) class, so I've been looking for something like yoga or Pilates but more active. This might be it."

Ferguson's story is a common one.

In the 1980s and '90s, aerobics classes were nicknamed "death by Beth," said Avellone, the wellness center's director of group exercise. "The harder the workout, the better. It didn't matter if

they limped out of there. If they were in pain the next day, it must have been a great workout.

"Now they're coming to us to be repaired. They'll say, 'I want to keep working out, how do I do that? My doctor says I need to stop.' No, you don't need to stop, you just need to work out intelligently."

But that no-pain, no-gain mind-set still exists, especially among those who are exercising to look better.

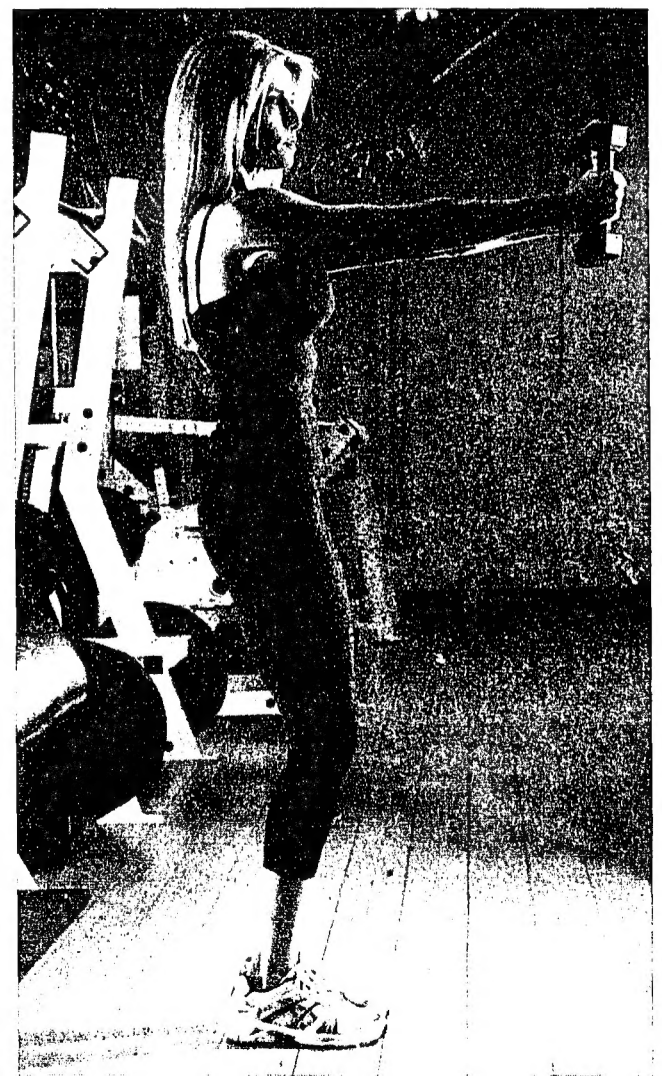
"Some people when they're doing functional training, say, 'OK, so it enhances my quality of life but is it changing the way my body looks?'" Avellone said.

"They have to understand, in functional training you're training all your muscle groups, both large and small, so you're definitely going to see change. The difference is the mind-set when you exercise. It's not mindless repetition. Whatever they do, they have to do with concentrated effort."

In her class, Downing focused more on technique than repetitions, urging the women to stay low during their squats and to watch their posture during some yogalike stances.

"Talk about functional," Downing said. "I have three kids under the age of 3. This has really been the best thing for me."

Ellen Glickman, a professor of exercise science at Kent State University,



Al Diaz Miami Herald/KRT

Nancy Cole demonstrates the shoulder raise combo at the Body and Soul Fitness Club in Coral Gables, Florida.

said the functional fitness trend seems to incorporate the important aspects of a good exercise program - stressing proper form, focusing on core muscle strength, emphasizing balance and working in aerobic conditioning.

Still, she said, the last thing consumers need is another "next big thing."

"There are a lot of buzzwords that come along," Glickman said. "And as an exercise physiologist I hate them all. It's all marketing."

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Darko Director's Cut version comes to DVD

REVIEW BY ANDREW CUMBEE
SENIOR STAFF WRITER

Over the past couple of years since *Donnie Darko*'s theatrical release, the film has inspired a huge cult following. The film had not generated too much buzz in theaters, but as soon as the original DVD came out, people went crazy for it. The movie eventually became so popular that the studio granted writer/director Richard Kelly the option of making a director's cut of the film and re-releasing the film to possibly find an even larger audience. This week, the new DVD version of the D.C. of *Donnie Darko* was released.

The new version of the film is different, but it isn't really that different. Sure, 20 minutes of extra footage was added, but the new stuff is just there to help tell a more coherent story. It doesn't drastically change anything the way most D.C.s change their original counter-parts' meanings. Instead, the added and extended scenes expand the story to help viewer's enjoy and understand it more. Of course, *Donnie Darko* is still a tough film to understand fully and, of course, you aren't supposed to. For fans of the film, it can be debated whether or not this is a better version of the film.

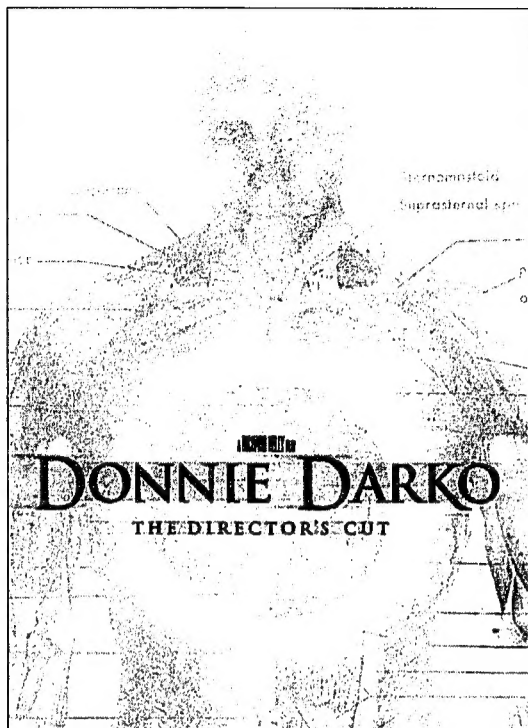
The special features are not too extensive, but do offer some insight into the film, and are different from those found on the original DVD. We are, of course, treated to the theatrical trailer for the director's cut version of the film. We also get the rest of the usual DVD stuff that we've come to expect with minor changes of coolness.

There is no making-of documentary, but there is something close. We get a production diary, which is, basically, an hour-long thing that was filmed while the film was being filmed. There's optional commentary on this, too, from director of photography, Steven Poster. This entire feature is pretty lame. Who wants to watch an hour-long movie about filming a movie? Really, nothing is said here and little is learned about how the movie was actually made. This feature is a little bit of a time-waster.

Another feature on the DVD is a storyboard-to-screen comparison featurette. This is pretty standard stuff, and also pretty boring unless you work as a storyboard artist in real life.

We also get a great commentary track featuring Richard Kelly and one of *Donnie Darko*'s fans, writer/director Kevin Smith (*Clerks* and *Mallrats*). The track has them talking a little bit about philosophy and filmmaking and, a tiny bit about the film, itself.

There's another featurette on this DVD that makes it worthwhile for fans to check out. This one is called "They Made Me Do It Too: The Cult of *Donnie Darko*." In this, they interview a bunch of British fans about why they love the movie so much and what they think about the meaning of it (the film is an even bigger success in England than in the U.S.). It's a little weird to see these people and hear what they



20th Century Fox

have to say, making this a fun feature.

Definitely the best part of the DVD is the "#1 Fan: A Darkommentary." For fans, this feature makes this two-disc set a must-buy. A while ago, the *Donnie Darko* official Web site had a contest to see which fan could make the best documentary short proving that they were the number one fan. The winner's film was put onto the director's cut DVD. The winner was a dorky, late-20s guy with shelves full of copies of the movie in his room. He makes up lyrics about the movie as he sings to the score that he has on CD in his car. He even stalks members of the cast, and the director, Richard Kelly. Whether this guy is serious or not (it is incredibly hard to tell), this short film is absolutely laugh-out-loud-even-by-yourself hilarious, and makes the entire DVD worthwhile.

Whether this DVD is a required buy or not is up to you. If you have the original DVD, there isn't really a point in getting this D.C., unless you're a fanatic. All of the deleted scenes that are in the director's cut are also on the original disc. As for the special features, they're pretty good, but not good enough to shell out \$20. Get this only if you don't have the original and like the movie, or if you're a huge *Donnie Darko* fan. Otherwise, just wait for the Ultimate Edition DVD with everything on it and more. I'm sure that will be out within five years.

Tsunami Bomb slated to bring punk back to the Bowl on Monday

SARAH LEGG
FEATURES EDITOR

Punk rock will make its glorious return to the Ranch Bowl Monday night with show headliners Tsunami Bomb.

The female-fronted quartet was formed in California during the late 90s. Since its formation, the band has gained a cult-like following with hardcore punks and pop-punk fans alike.

Agent M, the band's singer, claims Billie Joe Armstrong as her biggest influence, according to the Kung Fu Records Web site. The band's style is comparable to the likes of Hot Rod Circuit and Slick Shoes. But don't get caught up with the chick-band stereotype - Tsunami Bomb is no Lillix or Donnas. Gabe Lindeman on drums, Jay on guitar and Matt on bass make up the rest of the band providing just enough testosterone to stray from the usual label-produced cuteness of girl-rock bands.

The band is touring in support of their latest effort, *The Definitive Act*, released on Kung Fu Records on Sept. 21 of last year. The album ranges from pop-punk songs like the anthem-like "Being Alright" and sing-a-long "A Lonely Chord" to the darker, Alkaline Trioesque "Dawn on a Funeral Day."

One fan on www.myspace.com said, "I've seen you guys live four times and after every show, I can't wait to see the next one. You are one of the more talented bands of this generation, and I'm glad to have had the opportunity to see you so many times, and even to have seen you. Keep on rockin'."

A true testament to the fanbase the band has acquired.

Minneapolis-based Somerset will open the show along with Omaha's own Buster Hymen and the Penetrators. According to www.punknews.org, Somerset has "sweet rock sounds". The Penetrators brings back rock & roll at its finest. With members so aptly named Buster Hymen, 12 Inch Nick, Whorey Corey and Spike the Impaler, expect an interesting opening for the show.

The show is Monday at the Ranch Bowl



TsunamiBomb.com

Tsunami Bomb drops on Ranch Bowl this Monday. Left to right are members Matt, Agent M, Gabe and Jay.

at 1600 S. 72 St. Tickets are \$10 advance, and \$10 day of show. But get there early; this show has great potential to sell out.

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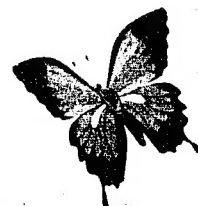
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Hell hits theaters in *Constantine* adaptation: dark, innovative fun

REVIEW BY JOSH BASHARA
ENTERTAINMENT EDITOR

I loved it and hated it at the same time. There's no denying that *Constantine* is one hell of a movie, though... no pun intended. Released today at theaters everywhere, *Constantine* features Keanu Reeves playing the role of John Constantine from the popular comic book, *Hellblazer*.

The book has been in print for some years through Vertigo Comics, which is the adult-themed imprint of DC Comics. Vertigo has been putting out comics for over a decade that most comic companies would be afraid to unleash on the general public. Perhaps best known for the brilliant *Sandman* series by Neil Gaiman, Vertigo keeps its comics a little dark, a tad mature and a whole lot on the intellectual side.

The *Hellblazer* comic book follows the misadventures of Constantine, a chain-smoking deadbeat paranormal detective who, on the surface, would rather save his own neck than get involved in a war between heaven and hell. In reality, though, Constantine has a streak of good about him, one that usually gets him in the thick of things despite his lackadaisical nature.

As I said, I loved the movie version and hated it at the same time. Let me explain.

As an avid comic reader, especially one of Vertigo comics and *Hellblazer*, I just couldn't digest Reeves playing Constantine. He doesn't resemble the comic book character in the slightest. The comic Constantine is from the UK and speaks with a thick British accent. He's dirty, unshaven and a bit of a lecher. Thankfully Warner Brothers kept his dirty chain-smoking demeanor true-to-form, but it's sugarcoated with a trite anti-smoking theme throughout the movie.

The story wasn't necessarily the best choice for this movie either. Rachel Weisz (*Runaway Jury*) plays the part of

Angela Dodson, a policewoman who enlists the help of Constantine to solve the mystery surrounding her twin sister's unusual suicide. Together, their investigation takes them from contemporary L.A. all the way up to heaven and down to hell. The two soon learn that they are caught up in a battle between angels and demons, and that Dodson herself may prove to be the key that determines which side will win.



John Constantine (Keanu Reeves) is a chain-smoking paranormal detective that finds time to perform the occasional exorcism between bouts with demons from hell. Constantine, based on a character from a popular comic book *Hellblazer*, opens today in theaters everywhere. Warner Bros.

Those who are familiar with Vertigo comics will immediately notice that the plot line of this movie would have much better suited for a *Lucifer* movie adaptation (a similar Vertigo title) than a *Hellblazer* one. Most *Hellblazer* story arcs aren't this grandiose and epic. But then again, it is a movie, and movies have to be extraordinary to sell tickets, I suppose. Especially considering that 99 percent of movie-goers have never read a *Hellblazer* comic in their life.

And that's where this movie succeeds. To your average movie-goer, it's an awesome action-adventure flick.

First-time director Francis Lawrence has a thing or two to learn about composure, but he does a decent job of capturing action on film. He has an

odd but somewhat appealing method of capturing dialogue, where he'll frame characters front-and-center while they are speaking, as if they are speaking to the audience directly.

The computer-generated images and special effects are impressive but not overwhelming. Even during the sweet scenes in hell, I never felt sickened by an overuse of CGI.

angels are portrayed most Vertigo comics. The whole idea of a sexless being is a bit to wrap your head around at first, but it adds a nice novelty to the story.

Then there's the occult nightclub where a muscle-bound bouncer meets patrons, but instead of checking IDs, he holds up a card with an image on it so that the back is facing the customer. If the patron can tell the bouncer what the

image is on the other side of the card (vis a vis ESP), he can enter the club. It's little things like this that turn what could have been a *Daredevil*-esque disaster into a comic book movie that deserves the ticket price, at least to see once. On the other hand, fanboys across the world are no doubt already flaming the hell out of it message boards and Web forums. As a comic book fan, I've learned that you're never going to satisfy everyone with comic book movies - it's especially a gamble with the fans themselves. But *Constantine* does a fine job of giving your average young adult the mix of dark noir and edgy action that's so popular these days.

The film also takes an innovative approach to the genre by being faithful to several elements of the Vertigo universe and continuity. One of the characters in the movie is an angel named Gabriel. The angel is played by Tilda Swinton (*Adaptation*) and is presented as an androgynous character, which is how

Grade: B

The Best Page in the Universe a romp through sarcasm and vulgarity

REVIEW BY SANEL SELIMOVIC
STAFF WRITER

"So I was sitting there the other day watching my girlfriend change the oil in my car, and I was getting pissed because she kept struggling when she tried to unscrew the filter. I was even more pissed than usual because I was playing video games as I supervised her from inside the house, until I finally had to put the controller down and go outside to yell at her."

So begins an opening paragraph of an article in *The Best Page in the Universe*, (www.thebestpageintheuniverse.com) created by infamous college-student-turned-antihero known as Maddox. Rivalled only by the second best page in the universe - the one you are reading right now - Maddox's site is a perfect combination of contradictions, intelligence, sarcasm and vulgarity in order to create one of the most controversial and funniest Web sites available on the Internet. The excerpt above is simply a taste from the archives going back as far as 1997.

His site began back in '97 as a list of "50 Things I Hate," and after instant popularity



A knack for the distasteful: Maddox definitely knows how to get a rise out of readers. He frequently parodies familiar icons such as the revolutionary leader Che, as above. Maddox.xmission.com

among peers and co-workers he decided to post it on a personal Web site. With its simple text-only design, the number of his visitors quickly skyrocketed and his site now gets well over 100,000 hits per day. This number becomes even more impressive when one takes into account that Maddox has done absolutely no publicizing or advertising of his site and has simply relied on word-of-mouth for all of his popularity.

With the amount of daily hits his Web site gets, one would think it would be enough to cover all of his living expenses. While this may be so, Maddox has chosen to

forfeit all ads on his page and he continues to maintain his full time programming position for a Salt Lake City telemarketing company.

Content of his page is very random and includes many writings on a broad range of topics. Maddox offers many intelligent points regarding various issues, but some of it may seem controversial or even unorthodox at times. However, all of it is offered in good fun, for personal pleasure and to satisfaction or disgruntlement of some of his readers. His humor is simply that; humor. But in an age of single-click

anonymous contact abilities, many have shown their own gullibility and reacted harshly to his writings. Online groups such as MAM (Mothers Against Maddox) have organized themselves with a sole purpose of shutting down his Web site. The irony of it all is that MAM doesn't even have enough bandwidth to run its own Web site, so at present time its site is being mirrored by Maddox himself.

To a casual reader, or a jock, it may seem that Maddox harbors an innate sense of hate towards all jocks, yet through his words of comfort he quickly sweeps away all those

See **BEST PAGE:** Page 9

From **BEST PAGE:** Page 8

fears by saying: "In fact, I love jocks. They always make sure I get my fries piping hot and my pizza delivered in 30 minutes or less."

His inspiration for writing seems to be endless and what he writes quickly becomes timeless. In order to fully enjoy this site one has to go in very open-minded because the odds are there is plenty of material that one will find offensive and tasteless.

Maddox in turn reminds us that "The following words should never be taken literally on my site: 'always, every, all, everything, nothing,' and 'never.'"

However, it is difficult to visit his site without simply getting absolutely immersed in reading the content for hours on end. As I surfed through his site each article seemed like forbidden fruit, each one simply begged to be opened and to be read and so I spent countless hours reading and in laughter.

Overall, The Best Page in the Universe does seem among the best out there. With a well-established cult following and

FOR EVERY ANIMAL YOU DON'T EAT



I'M GOING TO EAT THREE

<http://maddox.xmission.com>

millions of monthly visitors, it's poised to stay on top for a very long time. It is definitely worth investing the time and effort into reading it and it is unlikely to disappoint. People seem to either love it or hate it, those who love it come for the content and those that hate it come to further fuel their anger. One thing is for certain though, both groups of people keep coming back for more and more.

'Breakers' of good news for pop hopefuls

JIM FARBER
NEW YORK DAILY NEWS (KRT)

Picking American's next top music star makes choosing winning Lotto numbers look like a snap. Lately, however, one company has emerged as relatively clairvoyant.

AOL Music's "Breaker" series singles out artists it believes will shoot up the charts when their first CDs appear. (Find it at music.channel.aol.com/artists/newartists.adp).

In a classic chicken-or-egg situation, AOL tries to influence the process by featuring the chosen ones on its radio stations, video outlets and advertising. Those anointed also get their own installment of "Sessions at AOL."

Last fall, AOL pushed singer and pianist John Legend and rapper The Game, along with four others, as its Breakers of the fall. When the Legend and The Game CDs finally appeared, in January and February, respectively, they became the first bust-out stars of 2005.

Previous big AOL Breakers include Michelle Branch, Josh Groban, Avril Lavigne, 50 Cent and Jet.

"With respect to Avril, I can tell you it really helped those first-week sales," said Larry Mestel, who worked with the teen star at Arista when she broke out. He's now chief operating officer of Virgin. "With the enormity of AOL's impressions, it has a major impact."

Nineteen million people participate in AOL Music, through its online radio stations, videos or message boards. More than 4.1 million sampled The Game's music on AOL before his CD's release. Legend's had more than 1.2 million samplers.

"We could measure the impact the 'Breaker' series was having by the number of hits on John (Legend)'s Web site directed from AOL," said Lisa Ellis, general manager of urban music for Legend's label, Sony. "It's a fantastic tool."

Not that it always works as planned. Breaker bombs include Christina Milian, Tyler Hilton and Skye Sweetnam.

The series had a happier experience with its first pick: Michelle Branch's 2002 debut.

According to AOL Music chief Jack Isquith, the company chooses Breakers based on commercial as well as creative appeal. "If you don't have both, it's not likely to get through," he said.

Another factor, said Isquith, is whether "an artist has some story that makes them unique." The Game is produced by hip-hop's top dial-twister, Dr. Dre. Legend is sponsored by the equally hot Kanye West.

Isquith feels the most satisfying kind of Breaker is one like Groban.

"He might not be an easy fit for radio or MTV," he said. "But he's someone we felt would resonate with anyone open to music."

Here are the artists AOL is touting as "Breakers" in the next months:

Brie Larson

Album: *She Said*

Release Date: March 22

Sound: Brat-pop, like a younger

Avril Lavigne. Brought to you by the label that gave the world Lindsay Lohan.

Brooke Valentine

Album: *Chain Letter*

Release Date: March 15

Sound: Her single, "Girl Fight,"

exploits the current "Crunk&B" hit sound of Ciara, with help from producer Lil' Jon. Let's hope her full album takes more risks.

The Bravery

Album: *The Bravery*

Release Date: March 29

Sound: Neo-'80s alterna-rock, a la

The Killers. The good news: They sound more like New Order than Kajagoogoo.

Shooter Jennings

Album: *Put the 'O' Back in Country*

Release Date: March

See 'BREAKERS': Page 16

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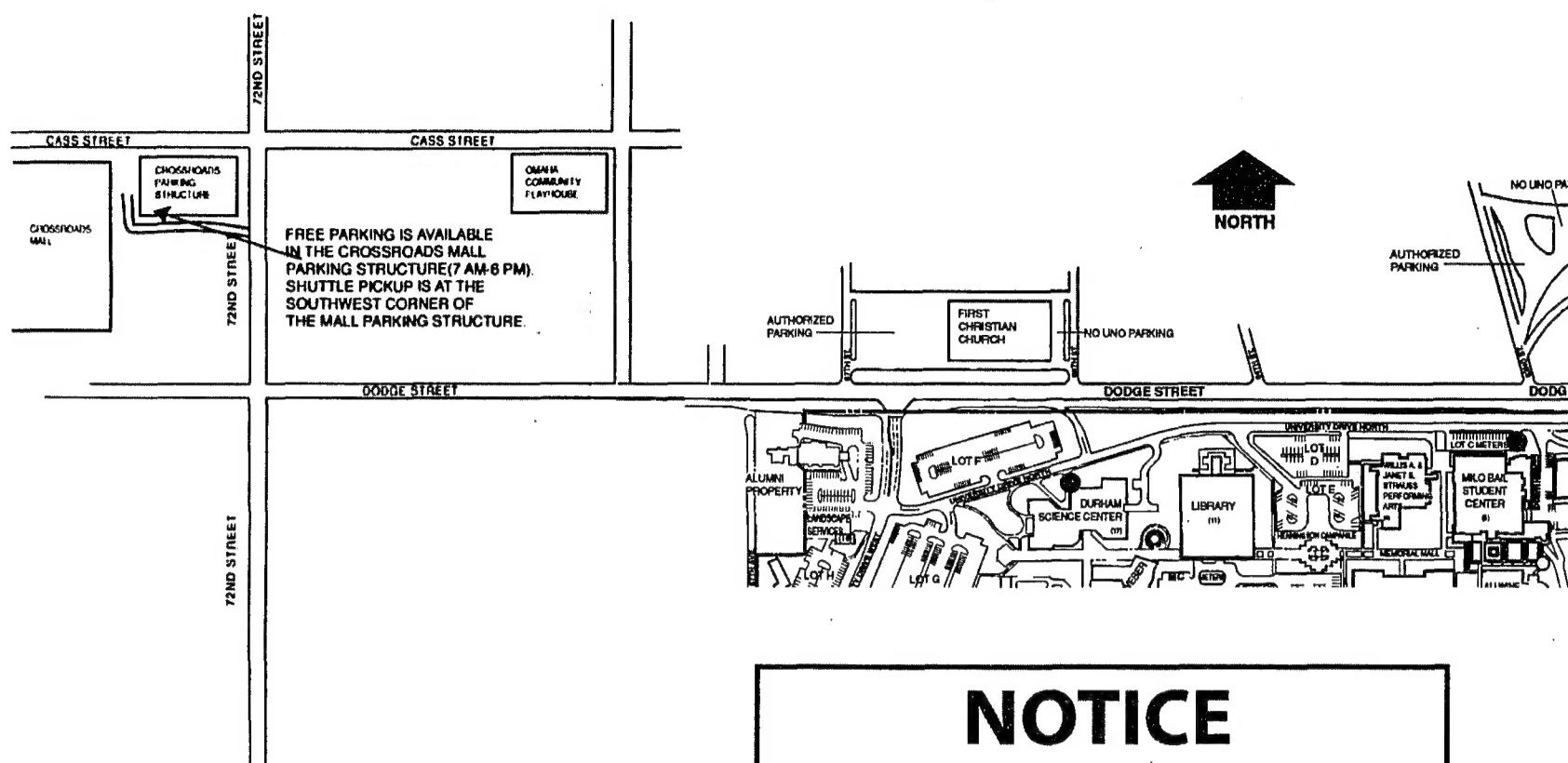
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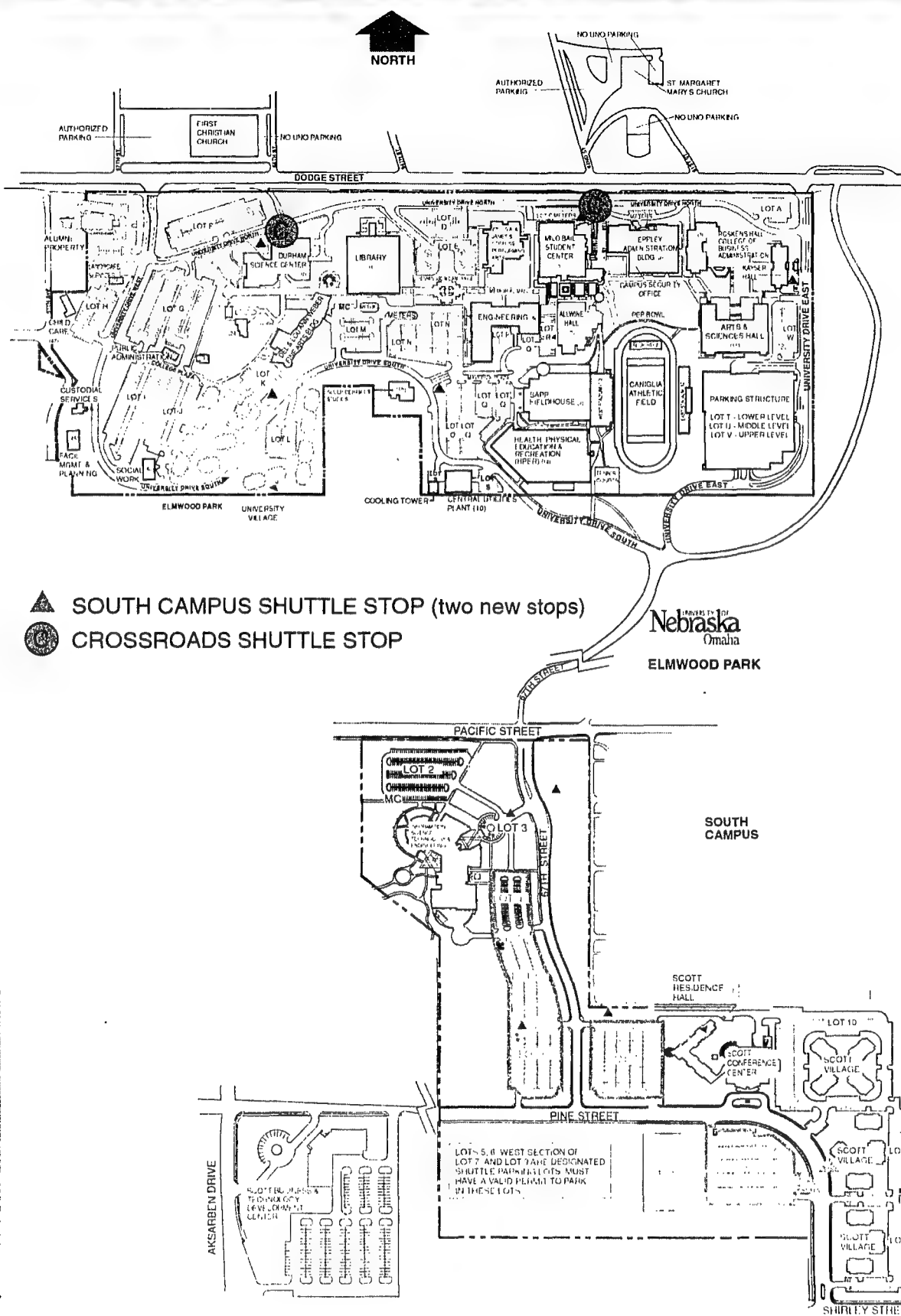
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Shuttle buses load and unload at the southwest corner of the Crossroads Mall Parking Structure approximately every 15 minutes making stops ONLY north of the Durham Science Center and north of the Milo Bail Student Center. The Shuttle buses return directly to the Crossroads after the stop at MBSC.

The Remote Parking Shuttles will be marked to distinguish them from the Shuttle buses that service the Shuttle parking on the South Campus. (See Shuttle Parking South Campus section).

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SHUTTLE PARKING: South Campus Lots 5, 6, 7 and 9

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The shuttle bus loads/unloads in Lots 5, 6, 7 and 9 on South Campus.

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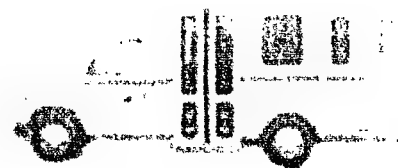
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Parking Structure Access Card deposit \$5

Access to the Parking Structure will be available for a fee of \$1 after 12:30 p.m. No parking permit is required after 12:30 p.m. in the parking Structure.



Basketball through the eyes of Calvin Kaples

CHRISTEN HARRINGTON
SENIOR STAFF WRITER

Ranking among the best in the North Central Conference in scoring, rebounding, assists, and steals, UNO junior guard Calvin Kaples still feels there is room for improvement in his basketball game. It has been a long time coming from Kaples' youth years playing in Columbus, Neb. A long time since playing for Columbus Lakeview High School, where he set several school records including career assists (434), the most 3-point field goals (114), and a state title in 2001.

"High school basketball was so much fun. My position there was more of a swing player instead of a point guard. My teammates and I were the best of friends, just like now on the UNO basketball team," Kaples said.

Although the game of basketball is about having fun, competing, and succeeding, Kaples will be the first to tell anyone that it takes hard work, dedication, determination, and motivation.

"I learned that how you get playing time is by playing hard defense, learning and running the offense. I go into practice everyday with the same mentality; getting on the court and competing because there is always someone out there working just as hard if not harder than you are, trying to earn that spot."

Working hard everyday seems to all pay off in the end for Kaples, who earned the role as the silent leader on this year's basketball team.

"We got guys on our team like Ryan Curtis and Andre Tarpley who do a lot of talking to get us pumped up and energized before the games, but I try to lead by actions more than words."

Leading by actions has allowed Kaples to step up for his team in games where they needed him most. UNO's first game with Augustana seemed like a career day for Kaples when he recorded a triple-double (15 points, career-high 13 rebounds and career-high 10 assists).

"The first half was a pretty close game. At halftime I remember thinking to myself that I had to pick my game up because this was the first conference game of the year,

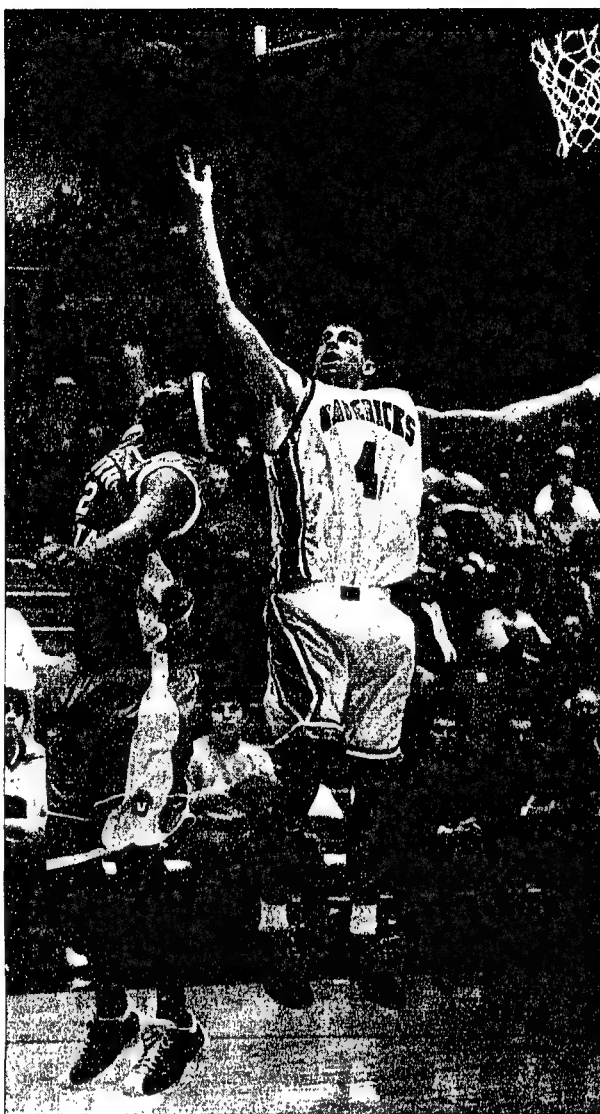
and things started falling into place for me from there. I got more intensity, more aggressive, and came out with more passion which turned out good for our team because we won," Kaples said.

Another important game where Kaples had to step up and lead his team was UNO's first game at South Dakota. In that game, Kaples scored 20 points, was 50 percent from the field and 71 percent from the free throw line.

"That was one of those must-win games for our team. After losing two games in a row to North Dakota, we needed to build the momentum back up and get our conference season going. Going into the game, (Men's Head Basketball) Coach (Kevin) McKenna told us to relax and have fun but play hard," Kaples said. "It was a game where I didn't even think about the stats, but when I look back on it, I see that it was a good game for me."

Leading by actions has led Kaples and the team to a 20-4 season record, and a tie for first place in the NCC. Although some of Kaples' teammates may do the trash talking back and forth with opponents, one of his pet peeves is when an opponent he's guarding starts talking trash to him.

"It all starts when someone is scoring on you and letting you know about it. I don't like when people start talking trash to me," Kaples said. "My whole philosophy is if they can't score on you, they can't really say anything to you. So I have the attitude to where I want to shut my opponent down and work hard enough so I don't have to hear anything."



Michelle Bishop
Calvin Kaples reaches for a rebound during a recent game.

Shutting down opponents is exactly what Kaples does when it comes time to play, but after the game he leaves everything on the court to demonstrate good-sportsmanship. Kaples is one of the top defenders in the NCC, averaging nearly two steals a game and has 122 in his career.

Kaples is also one of the top scorers and assist leaders in the NCC, averaging 11 points and four assists per game. Kaples has

scored in double-digits 16 out of 24 games this season, with a season-high 25 points against Missouri Valley. For a player who is only 6-4, Kaples is surprisingly one of the top rebounders in the NCC, averaging 6.3 rebounds per game.

"Teams we play tend to focus more on our post guys like Levi Jones, Ryan Curtis and Chris DeSpain. So when they box them out, it allows swing players like me to run in there and grab the free ones," Kaples said.

Kaples has admitted to some of his strengths being rebounding, passing the ball, and having that non-stop competitive attitude on the court. He also admits that some of his weaknesses are his range on outside shooting, and his free throw shooting.

"I haven't had a great shooting percentage at all this season," he said.

Last season, Kaples free throw percentage was 74 percent, but this season his free throw percentage is just 52 percent.

"Everyday in practice I shoot a ton of free throws. The coaches have been helping me with tips here and there, but if a game ever came down to a free throw that will decide the game, I still want the ball in my hands to take the shot," Kaples said.

"I don't think I'm lacking confidence, it's just sometimes I go to the line not focused enough, or I think about it too much."

The number one goal for Kaples this season is to end conference play on a high note, and to enter the NCC tournament with confidence.

"It's definitely important considering that we only have three games left, you don't want to go into the conference on a losing streak; so three big wins would give us a lot of confidence. We want to play for our seniors, and make sure that they go out as winners, because they did a lot of work to get our program to where it is at right now."

Kaples and the Mavericks play their final home game of the season Saturday night against Minnesota-Duluth. The game starts at 8 p.m. and can be heard on ESPN Radio 1620 AM.

One weekend could mean everything to hopes of four Maverick teams

J. PARKER ADAIR
EDITOR-IN-CHIEF

"Make or break," is a term passed around like Stephon Marbury. Like the NBA star, the phrase seems like the right thing, but when you use it, the performance never matches the expectations.

For UNO athletics, this weekend will not disappoint as a legitimate make or break.

There are home playoff implications for men's and women's basketball as well as hockey. Wrestling hosts its final dual of the year against another top ten team, a week before the NCAA qualifier. And Swimming and diving is hosting the North Central Conference meet.

Each team needs a big performance this weekend, and this could go down as one of the most important weekends in UNO athletics. It is much needed after one of the biggest disappointments in one of the most dominate years of UNO athletics.

Wrestling

After overcoming injuries and a dual loss to Division III's top rated Augsburg, the Mavericks are in the right position to make a run at back-to-back NCAA championships. Another dual domination could set a tone and do great things

for the Mavericks psyche. The Mavs beat Augustana 20-18 in the National Duals 20-18. The Vikings are No. 4 in the country, but UNO is coming off a humiliation of No. 2 Minnesota State-Mankato. The match is Friday night at 7 p.m. in the Sapp Field House.

Hockey

The hockey team heads to Sault Saint Marie, Mich. For its final Central Collegiate Hockey Association road trip. UNO comes off a close battle with CCHA power Michigan, but needs points to maintain a home playoff series for the first round of the CCHA playoffs. If all goes well with



Maura Amun
Dustin Toxar has been a spark for UNO wrestling; it will be needed this weekend.

the weekend series, UNO sets itself up for a return to Michigan to play in the Super 6 - the CCHA's final playoff round - in Detroit. Prior to the Michigan series, UNO had skated off with at least one point in every game but one dating back to last calendar year. LSSU is one of just three teams (Michigan and Bowling Green) to take two points from the Qwest Center in a night this season. Games begin at 6:35 p.m. Friday and 6:05 p.m. Saturday.

Women's basketball

A win is needed here more than perhaps any other team. A win puts UNO at 5-5 in the NCC with two games left to play. Currently on a three-game skid, this could propel UNO to a top-four spot in the NCC and the ability to host a first-round

playoff game. Prior to last weekend, the Mavs lost only once at home. They're going to have to beat the NCC's second-ranked Minnesota-Duluth to do so. Game is at 6 p.m. Saturday in the Sapp Fieldhouse and aired on ESPN radio 1620 AM.

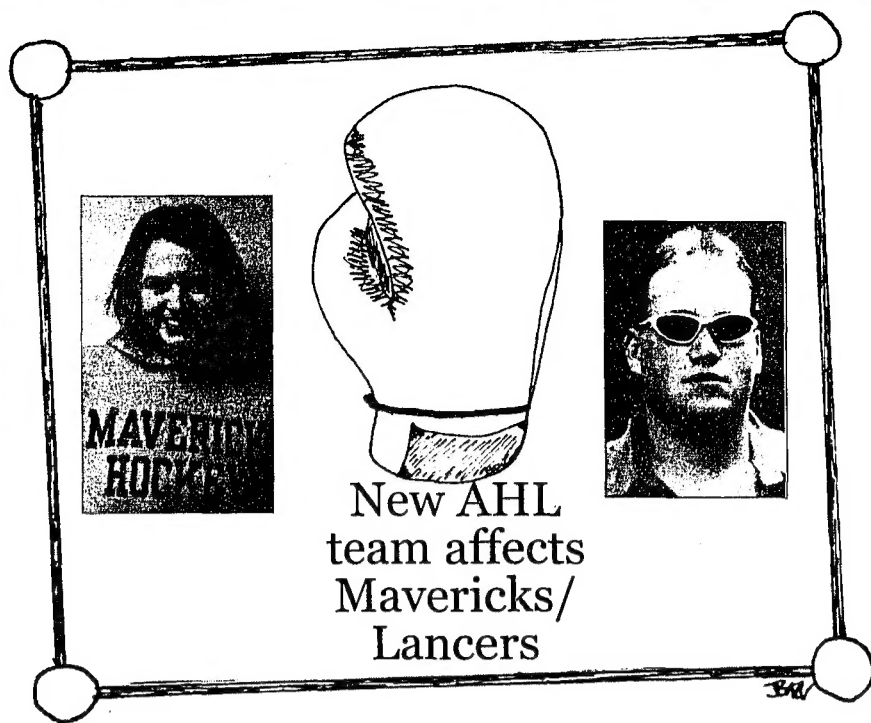
Men's basketball

The NCC is always difficult, but UNO was looked at as having the ability to sweep the season. They are tied for first in the NCC with North Dakota but need a win Saturday in the field house to help earn a first-round bye. Minnesota-Duluth is the worst team in the NCC and the best team for UNO to snag a win. Game is at 8 p.m. and broadcast on ESPN radio 1620 AM.

Swimming and Diving

Swimmers and divers have the most immediate circumstances for winning, and they can do it in their own pool at the Health, Physical Education and Recreation building is the site of the NCC meet. This could be the end of the season if they don't do well. After Wednesday's opening-day competition, UNO sat in second place. The Mavericks have been impressive all season, going undefeated in Division II (8-2 overall) and winning all its meets. Today and tomorrow is the last chance for Mavericks to set qualifying marks for the NCAA meet March 9-12.

The Throwdown



ANGIE PECK
STAFF WRITER

BRIAN BRAHSAW
COPY EDITOR

A new hockey team is entering Omaha next season. The Calgary Flames are re-introducing their minor league club into the Omaha market, bringing in an American Hockey League team into town. The idea of bringing an AHL team to Omaha has many hockey fans scared that the AHL will force their team to move to another city or close up shop. Instead hockey fans in the Omaha area should be excited about a new hockey team in the area.

The AHL team will bring a higher quality of hockey to the Omaha market. If the team does well it could bring an NHL team to Omaha, not right away but a long way down the road. Besides the possibility of an NHL team down the line, the new team will bring former Lancer and Maverick players back to Omaha, for a game or two or maybe even a season. Seeing former players playing at a higher level in the Civic Auditorium should be exciting for anyone who calls themselves a Maverick or Lancer fan.

More than likely the Mavericks and Lancers will both lose some fans from the AHL coming to Omaha, but by taking fans from the two teams the AHL will be helping the fans as well. A new team will throw the Omaha hockey teams' marketing departments into a battle for fans. This battle between the marketing departments should benefit the fan more than anyone else.

There will be nights all three teams will be playing in the metro with the puck dropping at seven. These nights should bring out the best of the marketing departments and possibly the best deals on tickets for the fans.

A third hockey team within 25 miles is about as close to over saturation as a market can get, but it could work. Not only will the marketing departments have to step up, the teams themselves will have to play at the top of their game. A losing season could prove detrimental to any of the teams. Deals on tickets will get fans into the arena, but the teams will have to give the fans a reason to come back every home game weekend.

The Lancers and Mavericks do have a one up on the new AHL team. Both teams have established fans that will support the team through anything, and they have rivalries and traditions in place, adding more to the games.

The only team that really runs the risk of

See PECK: Page 16

So the American Hockey Association thinks it is a good idea to tap Omaha to be the newest member of the pro hockey world. A franchise of the Calgary Flames is slated to begin play next season at the old Civic Auditorium. This means that we will have a professional minor league hockey franchise playing in a smaller barn than the college hockey team, which plays just down the road. Then there is the team across the river, a junior team that has been around forever.

So who is out to benefit most from this hat trick of hockey clubs in town? Clearly this addition effects the Lancers far less than the Mavericks. The Lancers



now have their own facilities, the Mid-America Center. The building was created specifically for them and they are the only primary resident. They are also backed by pro money. Future Hall of Famers Mario Lemieux and Luc

Robitaille both have financial interests in the Lancers, making their future pretty secure, given any outside influences.

The team that stands to lose, or perhaps gain most from the new AHL team is the Mavericks. UNO currently has a 10-year lease with the Metropolitan Entertainment Convention Authority, the group that runs the Qwest Center. Here's the wrinkle, MECA also controls the future AHL franchise's home, the Civic Auditorium. Hypothetically, say this new AHL team starts to draw a new following and even draws Omaha-metro area fans away from UNO. Say the AHL team starts averaging 8,000 per game in the Civic while UNO is averaging 7,500 in the Qwest. You don't think that MECA would drop UNO back to the Civic in a heartbeat?

The average Lancer fan is expecting more physical action, fights, and somewhat anonymous players who they know probably won't be around for three or four years. They expect the ebb and flow of not knowing how good their team will be, because from one year to the next, half the roster is gone. That's exactly what the AHL would provide.

The average UNO fan is the average college athletics fan. They expect effort, loyalty, tradition and a sense of family, that

See BRAHSAW: Page 16

Mavs finish strong at Prairie Wolf Invitational; NCC Indoors next

THOMAS LAMAY
STAFF WRITER

The UNO indoor track and field team had several strong performances at the Prairie Wolf Invitational last Saturday at the Devaney Center in Lincoln. The meet, which was sponsored by Nebraska Wesleyan, featured Division II rivals University of Nebraska-Kearney, Northwest Missouri State, South Dakota and Western State.

The Mavericks took home titles in the 1600-meter relay and the distance medley relay. Both relay teams improved their qualifying times for nationals.

"Our mile relay moved up to fourth, which is probably fast enough to qualify for nationals," Coach Tim Hendricks said.

In the 1600-meter relay, the Mavs finished with a time of 3 minutes 48.7 seconds. The performance shaved 1.41 seconds off their previous best time, set at the Holiday Inn Invite, on the same track. The relay team also featured a new lineup of Debbie Ackerly, Magda Orzylowski, Becky Hughes and Laverne Monger. The addition of Ackerly in the starting position may have made the difference, using her explosive jumping abilities in the lead off leg.

"The only reason we switched the mile relay up was because (Ashley Freeman) was hurt and we ended up running faster. Ashley will be ready for conference though," Hendricks said.

The distance medley team finished well ahead of the competition in the four-team race, in a time of 12:26.2.

Hendricks also changed that line-up of runners. Molly Miller moved from the anchor position, where she ran at Iowa State, to the starting role. Angela Kampschneider moved to the 400-meter leg, Lisa Lane and Tahnee Tuenge are both new additions.

Foluso Makinde continued her dominance of the long jump event, with a winning leap of 19 feet 3 inches. Makinde also finished 3rd in the 200-meter dash.

Other Mavericks with third place finishes were Taira Baker in the triple jump, Debbie Ackerly in the 60-meter dash and Kellie Ryan in the 3000-meter run.

Anastasia Kyvelidou and Laverne Monger again abstained from competition in the events they are most known for. Monger did however add her name to another list for national qualifiers with her part in the 1600-meter relay.

The team next travels to Vermillion, S.D. for the North Central Conference Indoor Championships. Hoping for an improvement from last year's third place finish, the Mavs will have a week of training before the meet, which is Feb. 25-26 inside the DakotaDome.

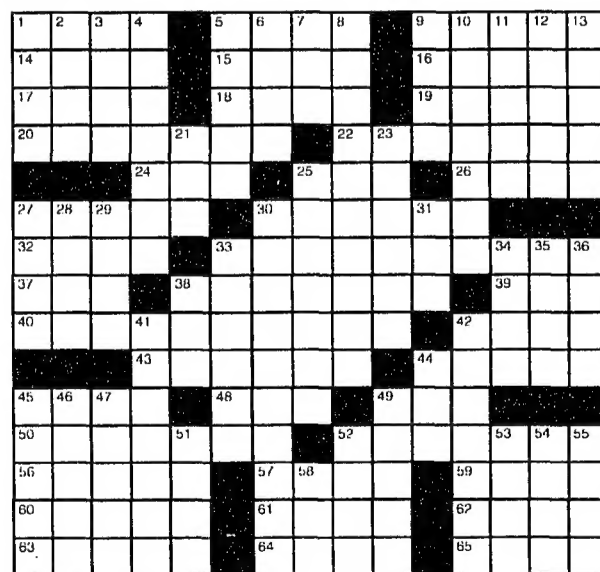
"We're going to take the weekend off, except for a couple of jumpers, to get healthy and mentally ready for conference," Hendricks said. "It'll probably boil down to us and South Dakota, and I don't expect more than a six to ten point difference going into the last event."

Sports editor Nathan Leete contributed to this report.

Crossword

- ACROSS
- 1 Festive affair
 - 5 Links grp.
 - 9 Ratify
 - 14 Downfall
 - 15 Melodramatic exclamation
 - 16 Bar for lifting
 - 17 Poetic tributes
 - 18 Marshes
 - 19 Bronte or Dickinson
 - 20 "Higher Love" singer Steve
 - 22 Ways up
 - 24 Do it wrong
 - 25 Deadlock
 - 26 Experiment
 - 27 Chicago stopover
 - 30 Well-mannered
 - 32 Harmless cysts
 - 33 Beyond scientific explanation
 - 37 Writer Hentoff
 - 38 Small crown
 - 39 Whitney or Wallach
 - 40 Rousing agents
 - 42 Jib or spinnaker
 - 43 Wave tops
 - 44 Spiteful
 - 45 Items of info
 - 48 Carnival city
 - 49 Interdiction
 - 50 Hillary's hill
 - 52 Open footwear
 - 56 Sweet treat
 - 57 Sister/wife of Osiris
 - 59 Pit-bull biter
 - 60 Bridal path
 - 61 Fill completely
 - 62 Weaver's device
 - 63 Runs away
 - 64 Rolling stone's lack
 - 65 Hankerings

- DOWN
- 1 Get bigger
 - 2 Autobahn auto
 - 3 Claim on income
 - 4 Responses
 - 5 Piece of work
 - 6 Trudgy
 - 7 Practical joke
 - 8 Muggers
 - 9 Actor Baldwin
 - 10 Mother of Persephone
 - 11 Of sheep
 - 12 Bombards
 - 13 Secret rendezvous
 - 21 Galena or bauxite
 - 23 Fishing nets
 - 25 Ontario city
 - 27 Has title to
 - 28 Preliminary race
 - 29 Debate side
 - 30 Bloodsucker's way of life
 - 31 Wee one
 - 33 Punt propellers
 - 34 Carnivore's choice
 - 35 Came down to earth
 - 36 Easter flower
 - 38 Bad dog
 - 41 Andrea of "Annie"
 - 42 Bloodsucking pest



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02/21/05

Solutions



- 44 Give the ax to
- 45 Low-boost coffee?
- 46 Be of use to
- 47 Nervous
- 49 Foundations
- 51 Checks out
- 52 Poses
- 53 Medicinal plant
- 54 Boxer Spinks
- 55 Wanamaker and Waterston
- 58 Portuguese saint

Hating should never be this easy

Hate is one vile son of a bitch. Once it rips its way inside of you, it has a habit of thrashing around and beating the hell out of your subconscious. It holds on tight, keeping you constantly reminded that in this world, there exists someone or something that you'd like to see destroyed.

You begin seeing the world in fog of bright red, and it becomes increasingly more difficult to remember exactly what - or who - it was that made you feel this way in the first place.

In my case, it was a girl. Ah, but isn't it always? Hating someone you loved gives you much more of an overwhelming sense of sick pleasure, sort of like viciously clawing at an infected scab until it somehow feels eerily satisfying.

People pride themselves for not fraternizing with hate, as if, one could really live an entire lifetime without ever succumbing to it. Usually I'm right there with them. I've really only hated one person in my life, and that was an old friend who crossed me in fashion that could never be forgiven by any standard.

But there's a difference between truly hating someone and using the term in casual conversation. Sure, your friend's older brother—the one without a modicum of tact—might be the subject of a loose comment like, "Jesus, I really *hate* that guy." But this kind of hate isn't really hate at all; it's more like a strong discontent.

Real hate is something much more sinister. It's what you feel when your hands are trembling and your forehead is on fire. Higher brain functions like reason and sense are replaced with unbridled fury and desperation. It feeds on itself and can very easily snowball into something much bigger than what it once was.

It's definitely not something that anyone should wish to harbor. After my experience with the aforementioned friend, I swore to myself that I would never let myself hate again. The entire ordeal took a lot out of me; it diminished quite a few qualities about myself that I previously took pride in. Sometimes I think it might have consumed me if I had let it.

Unfortunately, I wasn't able to keep hate at bay permanently. As I hinted to earlier, a girl has inspired it to resurface. I'm a pretty carefree kid, so it takes a lot for something to seriously disturb me. Even ignorance and negligence aren't enough to stir me to the point of hatred. But in my head, there exists a special breed of offences that defy tolerance.

Manic Digression



Josh Bashara

For the sake of this girl's anonymity, I won't go into specifics. I will, however, say that there are ways in which we as people ought never to conduct ourselves. Flaky new-agers call it going against the cosmic grain. I just call it being a horrible person.

And so in my mind, I have been wronged in a way that can never be set right. It's that constitution that fuels the hate so beautifully. When you believe so strongly that

you are in the right and that your tormentor is unequivocally in the wrong, the hate feels justified. And it's damn hard to feel guilt about something that's justified.

Then there's the matter of revenge. Since no laws made by man can necessarily punish the person for what she's done, you take it upon yourself to wish bad things her. And *that's* where the guilt begins. No decent person derives pleasure from daydreaming about everything someone loves dying in his or her arms. Even the most hardened cynic can admit that malice begets malice.

The struggle I'm fighting these days is one of integrity. On one hand, I feel so abused that nothing short of a complete and tragic failure of this girl's life would satiate my vindictive thirst. But on the other hand, I know in my heart that these are things no healthy person should wish upon another. It's one hell of a mind-blow, the wax and wane of humility and hatred.

At times I offer myself comfort with the thought that some karmic force will let life unfold as it should, and that those people in life who most desperately need atonement will find it though whatever means they need to. But that sounds more like a fairy tale than anything.

I find myself frightened of the thought that these people may actually go through their entire lives without realizing the wrongs they've made along the way. It eats away at me to know that people can actually get away with the bad things they've done in life.

At the most fundamental level, it comes down to one of the oldest sayings in the book, which is to "turn the other cheek."

It sounds so simple, but it's more difficult than I ever would have imagined. What that saying truly means is to totally abandon your hate while admitting to yourself that there will be no punishment inflicted upon the other person.

So have I let go yet? Not completely, but I'm getting closer with each passing day. The trick, I've found, is to not dwell on things you can never change.

Valentine's Day misses the point

I hate Valentine's Day. I'm a firm believer that Valentine's Day was designed to thin the herd, to push the lonely and miserable right over the edge. It's a day with only one true purpose. That purpose is not for people to tell someone that they're loved, but instead, it's to reaffirm to many of us that we are not. Not that any of the unattractive need reminding of their status

as unattractive, but just in case they got ahead of themselves and thought for a brief moment they had a shot, Valentine's Day reigns them back in before they hurt themselves.

Every night at the corporate bookstore for which I work, I see it. I see women who scare me everyday. These women with fat, sausagey fingers, whiskers on their chins and thinning hair whose only male companionship makes in a litter box. Some of them look like they might've been pretty before their hearts were broken or wasted or whatever it was that has them reading crappy paperback love stories about pirates or cowboys and women much prettier than they'll ever be again. Some of them look like Brian Dennehy and probably never had a chance. One way or another these women are the embodiment of my deepest fear.

They walk with their heads down and talk into their purses when they answer me, if they answer me at all. They don't look at me when they pay for their books and chocolates. I don't even know why, but I feel compelled to look down when dealing with them. It's almost like I'm in lonely, fat chick basic training. Or maybe I just don't have the guts to look at them and discern that I am not one of them.

I sometimes have a hard time accepting that I'm alone. I don't see a correlation between these women and me. On paper, I'm like the banana of women: Quite possibly the world's most perfect woman. I'm smart, funny and compassionate. I run about 12 to 15 miles a week. I recycle, clip coupons and pay my bills. Children, the elderly and animals like me. I bait my own hook and change my own oil. I mow my own lawn and shovel my own snow. (I don't do gutters, though. Scared of heights.) I'm just about as good as it gets.

Don't get me wrong. I get hit on a lot. Lately, married men have been all

Bitter with Age



Angi Sada

about it. That isn't flattering. It's scary. It almost leads me to believe that I am being spared some sort of alternate unhappiness.

Nonetheless, I'd like another chance. Can't love be like kickball? Can I get a redo? The first pitch was too bumpy. I should get another turn before recess is over, right? I've waited for this turn. I've chased this turn. In a couple cases I've avoided this turn.

I've done my time kissing frogs and dating losers. I've dated every kind of loser you can imagine. A crank addict, an alcoholic with enuresis and an acoustic guitar, a bull-headed bouncer, an irresponsible tech-nerd who chain-smoked and drank Mountain Dew until he had breasts that made mine look like Dolly Madison donut gems. I've done it all.

I hate to paraphrase Neil Young, but I've been searching and I'm getting old. I once read that if a woman is single at the age of thirty she's three times as likely to die alone. I don't remember where I read it or when, but I know that I did. At 29, I'm petrified.

As my ex-husband starts a new family and I'm crawling up 30's back porch, the fear that I will be like those women someday shows no sign of subsiding. Lonely and scared living in a one-bedroom apartment with 12 cats, I'll spend my nights in flannel pajamas drinking cheap red wine (the kind with the twist of top or out of a box) from the local Wal-Mart and reading books about beautiful things that will never be for me.

As bitter as I seem and as glad as I am that Valentine's Day is as far away as it will ever be: I hope that next year I don't feel like this. Maybe next year I can talk about how delicious it is to be in love and to trust someone with the softest and pinkest of things, your heart.



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2 Dudes

By Aaron Warner



8-24
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Welcome to UNO Mav-Rec

554-2634 HPER 100 www.unomaha.edu/~wwwocr

Mav-Rec GroupEx

Monday	Tuesday	Wednesday	Thursday
Aqua Lunch Noon-12:50 pm HPER Pool Instructor TBA	Total Body Conditioning 2:30 - 3:30 pm HPER 110 Lary	Aqua Lunch 12:00 - 12:50 pm HPER Pool Crystal	Beg. Turbo Kick 5:00 - 5:50 pm HPER 110 Janina
Beg. Turbo Kick Noon-12:50 pm HPER 110 Janina	Step 5:30 - 6:15 pm HPER 110 Lily	Fitness 101 12:00 - 12:50 pm HPER 110 Janina	StepStrength 7:00 - 8:00 pm HPER 231 Mara
Tone 'n' Crunch 7:00 - 8:00 pm HPER 110 Mara	StepStrength 7:00 - 8:00 pm HPER 110 Mara	W.E.T. 5:15 - 6:15 pm HPER Pool Laura	Friday
All GroupEx classes are FREE to all students, faculty, staff, and activity card holders.			
All classes are subject to Cancellation due to room and/or instructor availability.			

Mav-Rec Sport Clubs

**Snowboarding . Paintball . Soccer
Billiards . Ping Pong . Cycling
Martial Arts . Badminton . Cricket
Kung Fu . Bowling**

See Dan or Lisa in HPER 100 or
call 554-2539

Mav-Rec Outdoor Venture Center

Check out the UNO Climbing Wall!

Day	Climbing Wall Hours
MAW/F:	Noon - 9 pm
T/Thurs:	1 - 9 pm
Sat:	Noon - 8 pm
Sun:	Noon - 6 pm

Belay Certification \$7.50 UNO / \$15 GP
This basic certification allows climbers access to the roped climbing wall.

OVC Schedule of Events

February	
Kayak Open Pool Session.....	Feb.20
Adult CPR.....	Feb.23
Game Night @ the Climbing Wall.....	Feb.25
Wilderness First Aid.....	Feb.26 - 27
Lead/Sport Climbing Certification.....	Feb.27
Beyond Basic Kayaking Workshop.....	Feb.28
March	
Buddy Day @ the Climbing Wall.....	March 6
Kayak Deep Water Safety.....	March 6
Basic Kayaking Workshop.....	March 7
Ladies Night @ the Climbing Wall.....	March 8
Backpacking and Orienteering Basics.....	March 8-Apr.28
Spring Break Backpacking in the Moab.....	March 12-20
Basic Map and Compass.....	March 24 & 26
Game Night @ the Climbing Wall.....	March 25
Beyond Basic Kayaking Workshop.....	March 29
Land Navigation Basics.....	March 31
April	
Buddy Day @ the Climbing Wall.....	April 3
Kayak Deep Water Safety.....	April 3
Leader's Meeting.....	April 5
Kayak Rolling Workshop.....	April 11, 13, 18, 20
Ladies Night @ Climbing Wall.....	April 12

Check out all of OVC's Upcoming Events on the Campus Recreation Website or Pick up the Spring Schedule of Event in the HPER Building outside room 100
Questions? 554-2258/2539
ovc@unomaha.edu

-Yoga-

Session 2: March 21 - April 25
Mondays 6:30-8pm in HPER 230
Cost (per session): Students - \$15, Faculty/Staff - \$20, Non-Activity Cardholders and General Public - \$25
Format: Deep relaxation, warm-up exercises; formal Yoga postures (emphasis on the Sun Salutation Series), & deep relaxation.
Instructor: Matt Pleggenkuhle, Certified Instructor through the Omaha Yoga and Bodywork Center

Current participants are encouraged to continue - Beginners are welcome!
Come dressed in comfortable clothes!

Questions: Dave at 554-2008

Injured while working out, participating in intramurals, or playing a game of basketball?

Check out IPC (Injury Prevention and Care)

They provide FREE: - First Aid & Emergency Care
- Injury Evaluations & Treatment
- Taping
- Injury & Rehabilitation Education
- Professional Referrals

HPER Building Room 103
Monday-Friday: Open 11am - 1pm
Mon, Tues, Thu, & Fri: Open 3pm - 6pm

Massage

Just What You Need...

All Massage Therapy is Administered by Licensed Massage Therapist, Andrea Porter.

Dates of Massage Service: 2/18, 3/25, & 4/15

11am - 1 pm, HPER 103
Register and Pay in Advance in HPER 100, Walk-ins accepted if time permit

\$10 per 15 minutes

Register in HPER 100
Walk-In accepted if time permits

Golf and Archery

Open Hours, HPER 230
Spring 2005, January 18 - March 31
Closed March 14 - 19

Mon/Tues/Thurs: 3 - 5 pm
Wed: 3 - 5 pm, 6 - 8 pm



Mav-Rec IM Sports

Coming Soon.....

Session 4 Intramurals

4x4 Flag Football
Outdoor Soccer
Softball
3x3 Basketball
Tennis Doubles

Registration Starts March 7

Be Sure to Pick up a
2004-2005 Intramural Schedule
Outside HPER 100 or in HPER 205

402.554.2539 (Main Office)
402.554.2634 (IM Sports Office)
University of Nebraska at Omaha Campus
Recreation
<http://www.unomaha.edu/~wwwocr>

- Women on Weights -

Campus Recreation will offer a Women on Weights class beginning Monday, Feb. 7

In this structured class, which is taught by trained UNO staff, participants will learn to properly use the equipment, lift using correct form and create their own workouts

The class will meet for five weeks in 105 Health, Physical Education and Recreation (HPER) Building according to the following schedule:

Monday and Wednesday nights, 6-8pm
Feb. 7, 9, 14, 16, 21, 23, 28 and March 2, 7 and 9

To register, stop by 100 HPER. The cost is \$8 for students, \$10 for activity card holders and \$12 for those without an activity card

For more information, contact Dave Daniels at 554-2008

The University of Nebraska is an equal opportunity / affirmative action institution
There are inherent risks involved in all Campus Recreation activities including loss of property, injury, illness, and death.

Classified Ads

NOTICES

Advertising will be rejected that discriminates based on age, race, color, national origin, religion, sex, disability, marital status or sexual orientation.

LOST & FOUND

FOR ITEMS LOST AT UNO
Contact Campus Security, EAB 100, 554-2648.
Turned-in items can be claimed by a description and proper identification.
Advertising for items lost or found on the UNO campus will be published free in the Gateway for two weeks. Forms are available at the Office located in Milo Bail 1st Floor.

HELP WANTED

JANITORIAL
Part-time 3:15p.m.-6:45p.m., Mon-Fri, 156th & Dodge. Part-time Mon-Wed-Fri 4p.m.-8p.m., 96th & L St. Part-time Tues & Thurs after 5p.m. 4 hrs, 60th & Grover \$7.50/hr call 697-9818.

\$600 Group Fundraiser Scheduling Bonus

4 hours of your group's time PLUS our free (yes, free) fundraising solutions EQUALS \$1,000-\$2,000 in earnings for your group. Call TODAY for a \$600 bonus when you schedule your non-sales fundraiser with CampusFundraiser.

Contact
CampusFundraiser, (888) 923-3238, or visit
www.campusfundraiser.com

Models Wanted
Local Black and White Photography artist seeking female models. Please call Michael at 871-5403 for interview.

ARTISTIC GRAPHIC and WEB DESIGNERS
Send samples of your work to 4225 Cuming Street, Omaha, NE 68131 by 2/26/05.

ARTS AND CULTURAL CENTER
is looking for an Intern for 6 mo Management Training program. Send your credentials/cover letter to
FunOpportunity@cox.net

Waitstaff/bartenders wanted for Omaha area country club. Full-time and part-time positions available. Day and evening hours. Experience preferred. Great customer service skills required. Send resume to Sunset Valley Country Club, 9300 Arbor Street, Omaha, NE 68124, or come to the club to fill out application between 9 am and 3 pm, Monday thru Friday.

Full-Time Infant and Toddler Teachers
The Gallup Organization
"Do you have a passion for working with children that inspires them to learn, grow, and explore the world? If so, The Gallup Organization's Child Development Center has full-time teaching positions available at our riverfront campus facility. Gallup offers a positive team environment, excellent wages and benefits, and a state-of-the-art childcare facility. If you love children and have a desire to be an important part of their lives, apply online at
www.gallup.com/careers

Attention Marketing, Public Relations, Journalism and Business Students.
The Nebraska Lottery is looking for six (6) Ambassadors to travel the great state of Nebraska and represent the Nebraska Lottery at various events. Two Ambassadors will be hired immediately for part-time work this spring and full-time hours this summer. Four more Ambassadors will be added for full-time work at the end of the spring semester. Applications are also being sought for a Public Relations intern and a Graphic Design intern. Both internships offer part-time hours in the spring and fall semesters, and full-time hours during the summer. These are fun, paid positions that offer great experience. If you are looking for an exciting internship get your resume in to Tom Johnson, Nebraska Lottery, P.O. Box 98901, Lincoln, NE 68509. For information visit the Nebraska Lottery website, www.nclottery.com and click About Us.

Ragin' Cages Batting Cages (90th/Center) is seeking responsible employees for the 2005 season. Call Steve: 598-0886.

SERVICES

Award winning photojournalist style wedding photography, will work on short notice.
Chris 578-6456 or
www.machianphoto.com

Musicians/Actors/Entertainers
NEED PRESS?
Contact Moxie PR
Melissa
moxiepr@unomaha.edu
Or 402-677-0930

Need some special pampering for you or a friend? Call your on-campus Mary Kay Consultant at 712-592-1173. ALL UNO students/faculty receive 10% off!!

Getting Married?
Visit:
www.SaturdayNewHudson.com

We need writers! Interested?
Stop by the Gateway (Milo Bail Student Center) and pick up an application.

FOR SALE

1987 Nissan Pathfinder 4 wheel drive, some rust, rebuilt engine, and transmission with only 4-5,000 miles. \$1,500 or best offer. Will take \$1,000 down and finance rest. 660-0778.

HOUSING

APTS., HOUSES and sleeping rms. for rent, roommate lists - call UNO off-campus Housing Referral Service at 554-2383 or stop in the Admin. Office, Milo Bail Student Center.

APARTMENTS
AVAILABLE 40th & Cass Streets (Between Cathedral and Joslyn Castle)
Large 1 and 2 Bedroom Apartments Carpet, Central Air, All appliances
Lease from \$395-\$550 per month \$99 deposit special
Heat and Water Paid
Belgrade Company
393-6306 or
www.belgrade.com

LOCATION, LOCATION, LOCATION
CLOSE TO MED CENTER AND DUNDEE AREA. SPACIOUS 1 AND 2 BEDROOMS AVAILABLE. WASHER/DRYER AVAILABLE IN APARTMENTS. MICROWAVE. NEWLY REMODELED EXERCISE ROOM. POOL. CALL 551-2084 FOR MORE INFORMATION. ***DON'T FORGET TO ASK ABOUT OUR NEWLY REMODELED DUNDEE APARTMENTS.

TRAVEL

Spring Break 2005. Travel with STS, America's #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas, and Florida. Now hiring on-campus reps. Call for group discounts. Information/Reservations 1-800-648-4849 or
www.ststravel.com

ANNOUNCEMENTS

Former Husker Football Player
PAT RICKETS
To Speak at UNO!!!
Tues. Feb. 23
Dodge Room 8:30 pm
Everyone Welcome
Hosted by Greek Endeavor

Check us out on the web at: www.unogateway.com

From PECK: Page 13

being moved is the Omaha Lancers. When the team moved to Council Bluffs the Lancers lost most of its Omaha fan base. With another hockey team in the downtown Omaha area, there is the possibility that less Lancer fans living in Omaha would make the extra jaunt over the Missouri River to see hockey. With the new ownership behind the Lancers it's less likely that they would close up shop and move but the possibility is still there.

The Mavericks have themselves in a different situation; if they are not successful their only option is to close up shop. That will not happen. As long as the Mavericks continue to play good hockey, they will draw the fans to the Qwest Center. The new AHL team will not affect the Mavericks as much as it could affect the Lancers.

Next season will start an exciting time for hockey fans in the Omaha area.

From BRASILAW: Page 13

their kids will be Mavericks for four years. They also expect a dedication to continuously moving the program forward from generation to generation. The AHL would provide a little of this too, with the possibility of seeing a former Maverick or Lancer at the next level.

Because of this, there's no way any one of any of the three planning committees would try to purposely plan the three teams to play on the same night. Plus, with UNO only playing weekends, this would be easy to avoid.

Bottom line is there is no one in Omaha who is going to hold season tickets to all three, and if the new team inherits the Omaha Knights name, all the

sudden they immediately have a tradition that any old-school Omaha hockey fan will flock to. The Maverick program now has the challenge of keeping their current fans and finding new ones to compensate for the borderliners that just don't want to drive to Council Bluffs.

There is a way this could work, but it is UNO that has to do the most work to keep their fan base, and maybe ultimately their home. The Civic may not be the answer. After as much work as Don Leahy did to bring D-I hockey to Omaha, there's no way Omaha is letting them fold shop, but a new home could be in the crystal ball. Perhaps five years down the line a new 10,000-seat arena may be more feasible.

From 'BREAKERS': Page 9

Sound: The legendary Waylon Jennings' son has an assured voice and clever writing skills - enough to make his album fun if not deep.

Keyshia Cole

Album: *The Way It Is*

Release Date: March

Sound: A husky-voiced R&B singer with street cred and talent. Alicia Keys, The Neptunes and Jada Kiss all appear on her debut - a good sign.

Acceptance

Album Title: *Phantoms*

Release Date: April 26

Sound: Emo gone slick, and even wimpier. Think: Jimmy Eat World meets Five For Fighting.

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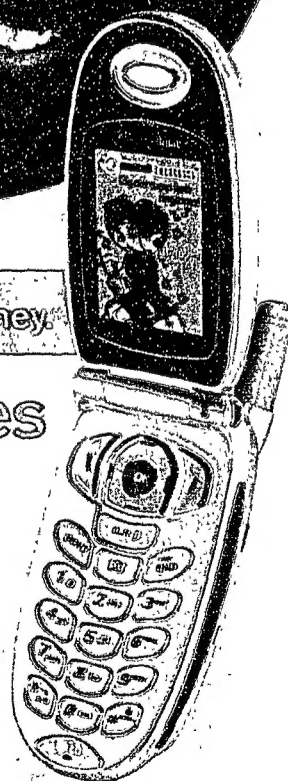
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